

# Rewards for Wellness

## Details for upcoming programs

### 1 Read the “Soothing Stress” Tutorial and Complete the Review Quiz at [www.wellness.ri.gov](http://www.wellness.ri.gov) by September 7, 2012, and Earn \$50.

The American Medical Association reports that stress is the basic cause of more than 60 percent of all human illness. “Soothing Stress” will help you identify personal sources of stress and teach you how to implement solutions to better manage or reduce everyday stress in your life. The program also provides information regarding available professional resources, if such help is needed.

### 2 Enroll in CurrentCare OR Complete the Health Assessment by November 30, 2012, and Earn \$50.

Complete one of the following:

- CurrentCare is a secure electronic network that gives doctors and other health care providers access to your most up-to-date health information right away, so they can treat you with the best possible care. Visit [www.CurrentCareRI.com](http://www.CurrentCareRI.com) to enroll. You must identify yourself as a State employee by clicking on the button in order to receive the incentive credit. Please follow this process to earn the incentive credit even if you have previously enrolled in CurrentCare.
- The 58-question Health Assessment provides you with immediate feedback on the current state of your health. It only takes 15 to 20 minutes to complete, and your responses help you to identify your personal health risks. You can also compare your results with your previous health assessment to track your progress, and continue to learn healthy habits.

Go to [www.wellness.ri.gov](http://www.wellness.ri.gov) for instructions and access to CurrentCare and the health assessment.

### 3 Obtain a Vision Screening at one of the Fall Health Fairs or with your Eye Doctor by January 15, 2013, and Earn \$50.

A vision screening is a relatively short examination that can indicate the presence of a vision problem or a potential vision problem. A vision screening may not diagnose eye problems, but it can indicate that you should make an appointment with an ophthalmologist or optometrist for a more comprehensive eye examination.

If you have your vision screening performed at your eye doctor's office, no screening verification form will be required; your eye doctor visit will be noted through the claims system. **Note: Vision screening visits from January 16, 2012 through January 15, 2013, will qualify for incentive credit.**

## Updates on Weight Watchers Programs!

Employees of the State of Rhode Island will receive 15% off the Weight Watchers standard rates. Further, the State of Rhode Island will reimburse eligible employees 50% of the discounted monthly rate for up to five months of Weight Watchers participation, provided the employee participates in 75% of the meetings.

To qualify for reimbursements, eligible employees must enroll during the time of the offer (8/1/12 – 3/27/13), complete a minimum of three meetings in a month, provide a completed Weight Watchers Reimbursement Form along with receipt(s) showing the total dollar amount paid, and submit the form and receipt(s) by March 27, 2013.

## 4 Obtain Blood Pressure Screening Results $\leq 140/90$ or Consult with your Physician on a Treatment Plan by February 1, 2013, and Earn \$100.

High blood pressure (hypertension) is often called the “silent killer” because it usually has no noticeable warning signs or symptoms until serious health problems arise. Nearly 50% of adults will develop hypertension before age 65. Regular screening can help identify and treat problems early on to prevent future complications. When untreated or poorly controlled, high blood pressure increases your risk of serious health conditions including heart disease, stroke, aortic aneurysm, kidney disease and blindness. A blood pressure of less than 120/80 is recommended by the National Institute of Health and may reduce your risk of developing serious health conditions.

If your blood pressure reading is above 140/90, you may earn the incentive credit by consulting with your doctor on a treatment plan and submitting a signed Physician Screening Form (available at [www.wellness.ri.gov](http://www.wellness.ri.gov)). Screenings are available at the Fall 2012 health fairs, or if you prefer to have your screening done at your physician's office, submit the Physician Screening Form to UnitedHealthcare by February 1, 2013, for your credit. **Note: Blood pressure screenings received between February 1, 2012 and February 1, 2013 will qualify for the incentive credit with submission of Physician Screening Form.**

## 5 Obtain a Body Mass Index (BMI) $< 30$ or Complete an Approved Action to Lower Your BMI by March 27, 2013, and Earn \$125.

Body Mass Index (BMI), a calculation of height and weight, is a screening tool used to identify weight problems. Being overweight or obese increases your risk for coronary heart disease, type 2 diabetes, hypertension, stroke, certain cancers and sleep apnea.

You may obtain your BMI screening at one of the Fall health fairs or submit a signed Physician BMI Screening Form. Earn \$125 if your BMI is less than 30 or complete one of these options to earn \$125: participate in an approved weight loss program, attend three sessions with an in-network nutritionist (no co-payment charge if BMI  $\geq 30$ ), or provide proof of gym membership for at least three months during the incentive offer (August 1, 2012 – March 27, 2013). The completed BMI Incentive Credit Form must be submitted by March 27, 2013 to qualify for incentive credit.

### BMI ranges

- **Underweight:** less than 18.5
- **Healthy weight:** 18.5 - 24.9
- **Overweight:** 25.0 - 29.9
- **Obese Class I:** 30.0 - 34.9
- **Obese Class II:** 35.0 - 39.9
- **Obese Class III:** greater than 40.0

### Blood Pressure Level (mmHg)

Category	Systolic	Diastolic
Normal	$< 120$ and	$< 80$
Prehypertension	120 - 139 or	80 - 89
<b>High Blood Pressure</b>		
Stage 1 Hypertension	140 - 159 or	90 - 99
Stage 2 Hypertension	$\geq 160$ or	$\geq 100$

Source: National Institutes of Health, 1998.

Source: [http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/Understanding-Blood-Pressure-Readings\\_UCM\\_301764\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp).

Last accessed March 11, 2011.

## 6 Complete the Physical Activity Challenge between April 8, 2013, and May 12, 2013, and Earn \$125.

Regular physical activity can help control your weight; reduce your risk of cardiovascular disease, type 2 diabetes and some cancers; strengthen your bones and muscles; improve your mental health and mood; improve your ability to do daily activities; and increase your chances of living longer. The CDC recommends adults get at least 30 minutes or more of physical activity on most days of the week. If you can't fit 30 minutes into your daily schedule, you can still reap the health benefits by engaging in 10 minute increments of physical activity. Details on the Physical Activity Challenge will be available at [www.wellness.ri.gov](http://www.wellness.ri.gov) in the beginning of 2013.